

Start of Session Activities



Activities to start a session with

- It is believed that by initiating an activity at the start of a counseling session rapport is more readily developed and/or increases attention skills will be exhibited. This hopefully makes clients more open to the counseling process.



Power Hands

- ❑ This technique encourages the client to have a conversation about their abilities and strengths.
- ❑ The client takes two sheets of paper and traces both hands on the paper.
- ❑ The client is asked to draw an activity that they are good at.
- ❑ The client will go through all ten fingers in the same manner.



Simon Says

- By using this long time favorite activity, clients can prepare for counseling. They are more likely to focus, listen, and concentrate.
- Using this activity works best when therapist takes a turn being “commanded”.

Warm up/Attention Skills – Therapeutic Interventions

- In order to encourage clients to focus and pay attention, a version of the card game of “Slap Jack” may be helpful prior to therapy.
- This is an excellent warm up for counseling. The goal of the game is to have someone be the first person to grab their penny from the table. The first person then gets the stack of cards in the middle of the table.